

Taking Your Placenta Home

General Information

If you are planning to take your placenta home, here is some important information for you to know.

The hospital accepts no responsibility for your placenta after releasing it to you. You will be responsible for any health risks.

You will not be able to take your placenta home if:

- your doctor sends it to the lab to be examined. It will be placed in a chemical called formaldehyde. This should not be consumed or buried.
- there are concerns about spreading disease from the body fluid and tissue of your placenta. Talk with your doctor or midwife if you have any infectious disease risks.

Taking the Placenta Home

- You will need to sign a release form.
- Your placenta will be given to you in a container with a lid. The container will be labeled with your name and placed in a red plastic bio-hazard bag.
- Your placenta cannot be kept at the hospital. Please arrange for it to be taken home as soon as it is released to you. This is usually 1 to 2 hours after your baby's birth.
- Your placenta should be kept cool while it is brought home. Please bring a cooler from home.

Consuming the Placenta

You will need to do your own research on consuming your placenta such as making pills (placenta encapsulation). The hospital staff will not provide information on this service.

Important: There are currently no proven health benefits from placenta encapsulation.

Burying the Placenta

- Before you dig, know where the gas and power lines are in your yard.
 - **Minnesota residents:**
Call Gopher State One Call at 1-800-252-1166. Go to gopherstateonecall.org for information.
 - **Wisconsin residents:**
Call the Diggers Hotline at 1-800-242-8511. Go to diggershotline.com for information.

Whom To Ask With Questions

Talk with your doctor or midwife about questions or concerns.